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Picture: LEWIS WHYLD

PA

Park at fault for tragedy

THEME park bosses have admitted failing to ensure the safety of visitors after a student died in a 45mph rollercoaster crash. Gemma Savage, 20, suffered head and spinal injuries on the Treetop Twister, at Lightwater Valley, near Ripon, North Yorks, in June 2001. The car she was riding in got stuck 40ft in the air and another ran into it. Electrician Eric Butters joined the theme park owners at Leeds Crown Court to admit breaching health and safety regulations. Sentencing was adjourned for reports.

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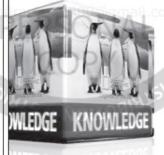
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Mum lost 12st for son SUPER slimmer Sarah Chivers

shed 12 stone after her son told her he was being bullied for having a fat mum. She ballooned to a size 32 after con-tracting a bone disease that meant she could not exercise.

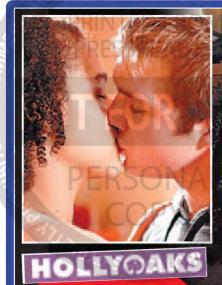
Trapped

But having a fat mother made her son Mitchell, 13, a target for school bullies. Sarah, 34, from Beddau, near Pontypridd, south Wales, said: "It must have been the hardest thing for him to tell

■ by NADINE LINGE

me. He said they were picking on him because his mother was fat." Sarah, who also has a six-year-old daughter Kaisha, decided to lose weight after she got trapped in a chair in Lanzarote in 2004. When she stood up to leave a bar, the chair was still attached to her. Now size 12, Sarah is splashing out on sexy clothes after being crowned Slimming World's Woman of the Year after her weight fell from 23 stone to 11. She said: "Twe cost my husband a fortune."

26





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KNOCK-BACK: Gloomy as she gets her marching orders

HUNKY Justin Burton snogs schoolgirl Sasha Valentine but is stunned when she strips and slips into his bed for an underage romp in Hollyoaks.

Justin (Chris Fountain, 19) moves in for the kill with his best mate's little sister after she reveals she fancies him.

It's a tough week for the teen, who struggles to cope when her dead mum's birthday arrives and both her brothers have completely forgotten.

Grave

She faces the grim prospect of visiting her mum's grave alone until Justin offers to go too-and she thinks her luck's in.

Natalle Emmanuel, 17, who plays Sasha, says the teenager ignores Justin's reputation for chasing older women.

She reveals: "Sasha assumes Justin sees her as just a kid, like her brother does.

"In fact, when he tells her that she's gorgeous and then kisses her, she's elated.

"Later Justin finds her in his bed. She's trying to be all grown up and sexy but it doesn't work. She gets knocked back, which is a bit sad to watch really!"

• Catch the snog on Channel 4 tomorrow at 6.30pm.





PHIL AND LAWYER'S STEAMY SNOG



HARDMAN Phil Mitchell ends in a steamy embrace with his hard-nosed brief Stella Crawford – before she does a

Snog

Just as love looks to be brewing between the two Ian Beale (Adam Woodyatt,

brewing between the two Jan Beale (Adam Woodyatt, 38) tries to put a spanner in the works when he dishes all the dirt on Phil.

Stella decides she'll work him out for herself and the pair end up having a passionate snog before Phil whisks her away on their first date.

Then Phil's son Ben (nine-year-old Charlie Jones) calls the lawyer and insults her to try and drive her away, it works as Stella flees the restaurant.

But that's not the end of things. EastEnders' series story producer Brigie de Courcy said: "Their relationship is complicated, so it'll be running for a while."

Tom's a King rat

EMMERDALE

EVIL businessman King breaks Edna Birch's heart when he blackmails her into telling Peter she's

her into telling Peter she's not really his mother. Battleaxe Edna – played by Shirley Stelfox, 65 – finds proof that his firm was to blame for the house collapse which killed three people. Tom (Ken Farrington, 70) tries to keen her quiet by

tries to keep her quiet by threatening to tell Peter her dark secret – but Edna decides to fight back.



SCHEMING Tracy
Barlow will befriend
dippy Claire Peacock
as she plans to bump
off Charlle Stubbs.
Fans will see Tracy
(Kate Ford, 29) getting
close to enemy Claire
(Julia Howarth, 26) by
telling her what life
was like with her
former lover Charlie
(Bill Ward, 39).
An insider said: "The
biggest schemer to
walk the cobbles
needs someone to
stand up for her when
she kills him and
claims self defence.
"What better person
that gullible Claire?"





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Neighbours fear half-blind driver

LEARNER driver Peter Davies's eyesight is so bad his neighbours want

him off the road.
Peter, 25, is terrifying his home village with his practice lessons – he has crashed into a garden

he has crashed into a garden fence, mounted a pavement and parks two feet from the kerb.
 Now worried villagers in Burry Port, near Swansea, have asked the DVLA to revoke his provisional licence, claiming Peter is too dan-gerous for their roads.
 Half-blind Peter has 50% vision in

■ by TOM BEDFORD

one eye and 45% in the other. But his family say it's good enough to pass the statutory eyesight test of reading a car registration plate at 20 metres.

Sorry

He admitted a driving instructor took him for three lessons before suddenly quitting. Peter said: "He didn't even call to

"On the day I hit the fence I was trying to grip the steering wheel

but it just went on its own and I went onto the kerb. I did say sorry to the woman who was on the pavement at the time."

But Pam Every, chairman of the residents' association in Burry Port said: "It's not a narrow pavement and there could have been a child on it when Mr Davies mounted the pavement—I am concerned. "I've nothing against him but he's partially-sighted.
"People are questioning his driving ability. They are asking: 'How did he get his provisional licence?'"

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ARE YOU UP FOR A BUSHTUCKER TRIAL?





or get your gums around a goanna

STREWTH! I'm A Celebrity is back and Pommie bludgers like Myleene Klass and Matt Willis hope to prove they're no wuss in the Bush.
The celebs are preparing their bods for some stomach-churning trials, such as eating kangaron testicles.

as eating kangaroo testicles.

Our resident Antipodean
BELINDA WANIS rounds
up the rip-snorting grub the
stars could get a taster of...

Johnny Cakes or Damper: Flour is made from the seeds of plants such as the Kurrajong or Illawarra Flame tree, which are ground and mixed with water to form a dough.

These are then baked in coal to make a bread which is rich in protein and carbohydrate. With the trend for Atkins and low GI food this bread

and low GI food this bread would be a winner right now. Witchetty Grubs: These larvae are one of the most nutritious Bush foods in the Outback. High in fat, but they provide energy and carbohydrates. They are best eaten raw but when cooked they taste like scrambled eggs with a peamut butter texture. Kangaroo's Skipp, right, can now be found at the local supermarket Down Under.

Down Under.
It tastes gamey but is low in fat and high in iron and zinc. These days you will find fillet of panfried roo with red wine reduction and hassleback potatoes being served at top Sydney restaurants — fair fair restaurants dinkum!

Goanna: These little beauties can be Goanna: These little beauties can be up to two metres long and make bonza BBQ tucker for a load of rellies. I didn't get a chance to try this oversized lizard, right, but I'm told that it tastes just like chicken.

Kakadu plum: Used more as medicine than food, this fruit has been found to have the highest level of vitamin C – 50 times more than

of vitamin C - 50
times more than
citrus fruits.
It looks and
tastes a lot like a
gooseberry so
it's palatable too.
Crocodile: The

old croc is a hearty dish and another meat turning up on

the menu Down Under. It's cooked in the same way as pork or chicken, though leave

the same way as pork or chicken, though leave this low-fat meat a little rare.

It is also high in niacin and Vitamin B12. Croc kebabs taste just like tender chicken!

Emu: Another animal on the Aussie coat of arms which also features on the dinner plate.

A tasty veal-like meat, emu is high in iron, magnesium, zinc and Vitamin C and low in fat and calories.

Guandong: The Abortgines used this as a substitute when meat was scarce. It makes a great jam high in Vitamin C.

Honey Ant: Catch one with your fingers then bite off the belly to get the honey-flavoured contents – and a protein and sugar burst.

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STAR LIFESTYLE

VEN CELEBS CAN'T SPEND ALL DAY WITH



ne A-Liste

BY PHIL BOUCHER

WE all want to have bodies like a symbol. Hollywood

But sadly most of us are more Mike Myers' sumo fatty in Austin Powers Goldmember flick than a svelte Brad Pitt.

svelte Brad Pitt.
Quite simply we don't have time to visit a personal trainer, live on a diet of lentils and spend six months pumping iron in the gym.

Let alone the desire.
But that doesn't mean that you can't copy a Hollywood star to get into A-list shape.
Charlie's Angels babe Drew Barrymore. 31.

A-list shape.
Charlie's Angels babe
Drew Barrymore, 31,
explains: "I make sure
fun forms of exercise are
incorporated into my
daily routine - like swimming, jogging, dancing
and even crazy golf.
"It doesn't matter how
you raise a sweat, so long
as you have fun doing it."
Footballer's wife Alex
Curran is another celeb
beauty to keep her stunning limbs in trim by
building exercise into her
daily routine.
"My motto is everything
in moderation." says the
23-year-old fiancée of
Liverpool captain Steven
Gerrard, 26.

Burn

"I make a real effort to eat sensibly and I try to fit exercise into my day without thinking about it. "Going to the shops or the park burns calories. And carrying my daughter Lexie around is great for my arm muscles!" Fellow scouser Natasha Hamilton is another

Fellow scouser Natasha Hamilton is another yummy munmy who eats sensibly and builds exercise into her daily life. "I walk as much as possible," says Natasha, 24. "The key is not to put yourself under too much pressure. Celebrities have extra helb. They have extra helb. They have

pressure. Celebrities have extra help. They have trainers and spend hours in the gym-offen to get in shape quickly for filming. "But in the real world that's not possible. It's best to fit in half-an-hour's exercise where you can." Following this advice we've mit neither a list of we're not continued to the continued of the continued to the con

ronowing this advice we've put together a list of handy hints for keeping trim during the day with-out venturing anywhere near a pair of trainers or exercise bike.

SERVE FRESH: Take lunch in the open air



KEEPING FIT IS CHILD'S

DRIVE TIME: One gets "Traffic Stress jam, which leads t rate, headaches and on cheery music at way to work. Or instead – the benefit

9.00AM

CLOCK IN: Don't si work. Make time t leagues about their or simply complime hair or clothes. Idle to relax you and w better frame of min

9.30AM

MORNING PHON sit when you're on t about when you tal or customers and calories without re get you off you bur minutes, improving

10.00AM

TEA BREAK: Co source of anti-oxi your chances of dia healthier. The Euro Clinical Nutrition s cups a day strengthe chances of having a

I LOORM

MORNING MEETII certain jobs that we day, so use the routi exercise. Use the s the lift or vary you meeting room so it little and often has b

12.00PM

LUNCH TIME: Pac not just for kids. Ge of fruit, yoghurt an treats. You'll miss shop's mayonnaise-l save money. Don't e walk to a park or the



IT'S HOT, IT'S HERE

JUTION 15 e

ONAL TRAINERS, SO WHAT'S THEIR SECRET?

rs' working d

KOUI

ALTRONIS SE

LAY FOR GERRO'S GIRL

in three drivers In three drivers Syndrome" in a co raised heart-l anger. So stick nd whistle your walk or cycle ts are huge

neak in and start o ask your col-previous night -ent them on their e chat is proven ill put you in a id for the day.

E CALLS: Why k to your clients you'll burn off alising. It'll also n for a couple of your flexibility.

ffee is a good dants and cuts betes. But tea is pean Journal of ays three to four en bones and cut . heart attack.

NG: We all have have to do every ne for a burst of tairs instead of ur route to the 's longer. Doing pig benefits. 4.00PM

5.00PM

TEA BREAK: Only an hour to go so

walk around the office for 15 min-utes and make another cup of tea Chat to your mates, or remember that vital errand that means you have to stroll to another depart-ment. Moving always helps!

HOMEWARD BOUND: Leave on

time and you'll have more opportunity to play with your kids, enjoy a game of footie, read a book or take a trip to the cinema. These all help you relax, which in the long run is better for your work.

model Of the con-

ked lunches are t into a routine d other healthy the sandwich aden goods and at at your desk: e shops.



TWIN POWERS: We want to be like manly Brad, but we're more like Mike Myers' sumo fatty, left



WHAT'S OUT



ALTHON IS NO

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want to help you solve your problems.

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sex worry. panel on the right and see how you can contact

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Here they
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A low down chum

Q I KEEP hearing about low Glycemic Index carbohydrates and how you should be eating more of them. Can you tell me what they are and why they are good for you? or you?

GRAHAM,

Chester.

GARETH
SAYS:
CARBS
with a
low GI
release
glucose into your
blood more slowly.
than high GI carbs.
The principle is
that low GI foods
avoid the weight
gain and mood
swings associated
with "rapid sugar
release" foods.
Cooking times also

with "rapid sugar relaces" foods.
Cooking times also affect the GI. For example, baked potatoes have a higher GI than boiled potatoes. This is because the longer veg and grain are cooked, the more sugary they become. Similarly, the way the food is processed affects the GI. Pasta and rolled oats have a low index because they are made from coarse pieces of grain. This means the sugar content takes longer to enter the bloodstream. Cornflakes and bread, on the other hand, are made from finer flour, so the sugar enters the bloodstream much quicker.

Spot of bother

Q I AM getting quite a few spots around my jawline, but as a bloke, I do not want to cake them in make-up. How can I cover them subtly and get them to clear up?

ANDREW,



SAYS: I'd advise a proper assessment to determine

to determine what treatments are required, such as microdermabrasion and glycolic peeling. These are great for men because the downtime is virtually nil!

Covering any spots where there is hair where there is nair is always a problem for fellas. But if you want a range that will blend well and not block the pores, Bare Essential Mineral make-up is a good range.

Banish bloke boobs

AM only 22 and a bit on the chubby side but what is really bugging me is the fact that I have man breasts.

Can you help me with some exercises that will get rid of these?

GARY RYAN.

GARY RYAN.

HARVEY
SAYS: How in the name of fatty foods and fish and chips did you manage to develop those at your age?

Never mind, maybe it's best you save me the gory details. Firstly, you have to reduce your body fat with a proper diet. This means cutting back on the calories, eliminating fat and watching how much you eat. you eat. You also need to start

doing cardio exercise four to five times a week to burn up all the excess fat. In addition, to help

excess fat.

In addition, to help reduce the breast size, I want you to target your chest from three different angles to fill it out like a gladiator. I want you to bench press, incline press, decline press and do chest-flys, using dumbbells or on a machine, three times a week. When you wake up, knock out some pushups with your hands slightly wider apart than shoulder width apart.

with them shoulder width apart.
Start with two sets and get up to three or four sets within three to four weeks.
Be careful with the ladies though, as after a couple of weeks of this they're going to want to start feeling those pecs instead of giving you bra advice!

STOMACH CRUNCH

HOW TO DO IT: Lie on the floor with HOW TO DO IT: Lie on the floor with your knees up and your feet on the floor, hip-width apart. Place your hands either side of your head with elbows out. Raise your chest towards your knees while ensuring that stomach muscles are held taut, pulling your belly button into your spine. Rise up for a count of three, then down for a count of three, then down for a count of three. Do as many see of 20 as you can

HOW IT WORKS: Stomach crunches HOW IT WORKS: Stomach crunches strengthen your core muscles your abdominals and obliques. These enable you to try positions that require strength and balance. A position that utilises stomach strength is woman on top. The woman can show off her new taut stomach while engaging the core muscles to thrust and maximise her enjoyment while the man is in effect doing a mini crunch with each thrust.



I'M going to the gym three times a week and I'm not losing much weight I'm very disappointed. Can you tell me where I'm going wrong?

MARTIN JEWSON,

Romford.

DR CHRIS SAYS: I reckon that, like most men, you are working with weights rather than doing cardiovascular workouts. It may appear more "macho", but you are doing nothing to burn off the flab. You are building up muscle, which weighs more than fat. Stop the weights and concentrate

THAT THE PARTY OF THE PARTY OF

PORRIDGE is one of the best breakfasts you can have. It provi you with fibre to keep you regul lowers cholesterol and keeps you full for hours.

on the running machines, cross-

on the running machines, cross-trainers and rowing machines.

That way, you'll burn off the fat and your weight will start to fall.
Once you reach your goal weight, do the weights to tone your slim body!

Q OUR teenage son is in with a bad crowd, skipping school and getting in trouble. How de we get him back on track? TYRONE, Telford.

RON SAYS: A degree of rebellion for guys of this age is normal, but you need to check out whether he is kicking back against feeling too controlled or whether he is OK with his school work.

with his school work.
Sometimes, it's a sign
that someone is bored
by school, so you need
to find out with him.
Similarly, if he is
struggling with some
aspects of work, take an
interest in him.
Listen and you will

Listen and you will

find out what's behind this and help him onto the straight and narrow.

MY new girlfriend is experienced sexually even though she is younger than me. How do I impress her under the covers' TERRY, Essex

PLEASURE PROFESSOR SAYS: There is no doubt going under the covers is the key! Start slowly,

kissing and licking her legs, hips and round the lips of her vagina, slow-ly moving closer before you go for the jewel... Ask how she likes it and don't think it's over when she has climaxed. She could be on her way to multiple orgasms

A STEAMY night between the sheets ay be just the thing for staying healthy his winter. Experts believe that people who have regular sex have more bacteria-fighting antibodies.

She could be on her way to multiple orgasms. Then she's sure to be fired up for your turn.

The Pleasure Professor will be at the Erotica show at the London Olympia this Friday, November 17. Tickets cost £17 on the door, waye replicate com. door, www.eroticauk.com



OF STRONGS OF

SUTTON/S CO

BUSTY FAITH'S GOT THE GUYS GL

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To vote for Keeley call 0901 031



RITHEY SPEARS, 24



ICTURES.CO.UK

BBC One

BBC Two

Channel 4

6.00 Breakfast (W) (S) 69530009 9.15 Animal 24:7 (W) (S) 3321979 10.00 Homes Under The Hammer (W) (S) Followed by BBC News, (W) (S) Weather. 40825 10.30 State Opening Cf

(W) (S) Weather. 40825
10.30 State Opening Of
Parliament (W) (S) 99846115
12.15 Cash in The Attic 7796115
1.00 BBC News, (W) (S)
Weather 84757
1.30 Local News, (W) (S)
Weather 20165793
1.40 Neighbours (AD) (S) 77376979
2.05 Doctors (W) (S) 84376467
2.35 Murder, She Wrote Jessica's investication into a theft reveals a

investigation into a theft reveals a more grisly affair. (R,S) 2912912

more grisly affair. (R,S) 2912912
3.20 BBC News, (W) (S) Local
News, Weather 3282554
3.25 CBBC: ChuckleVision (AD)
(R) (W) (S) 1670863 3.40 Arthur (R)
(W) (S) 9555080 3.55 What's New
Scooby-Doo? (R) (W) (S) 2110216
4.15 SMart (R) (W) (S) 830134 4.45
Keep Your Hair On: Celebrity
Scissorhands (W) (S) 7770979 5.00
Blue Peter (W) (S) 608657 3.5.25

Scissomands (W) (S) //7/97/9 5.00 Blue Peter (W) (S) 6068573 5.25 Newsround (W) (S) 5894270 35 Neighbours (R) (S) 980134 00 BBC News, (S) Weather 979 30 Local News Programmes, (W) (S) Weather 571641 50 Match Of The Day Live Holland v. Fondard (Kick off 7 00 pm)

Holland v England (Kick-off 7.00pm). (W) (S) 72120592

7.00 CBBC: Batfink (R) (W) (S) 5783554 7.15 Trollz (R,S) 2249592 7.40 Fergus McPhail (W) (S) 4431467 8.05 Serious Jungle (R) (W) (S) 5263868 8.30 CBeebies: The Koala Brothers (W) (S) 1672486 8.40 Underground Ernie (R) (W) (S) 168422 19.05 Balamory (R) (W) (S) Pingu. (R) 3003399 9.30 Doodle Do (R) (W) (S) 6865115 9.50 Step Inside (R) (W) (S) 7295196 10.00 Barnaby Bear (R) (W) (S) 6374196 10.30 What The Ancients Did For Us (AD) (R) (W) (S) 79979

Us (AD) (R) (W) (S) 79979 11.30 FILM: Sealed Cargo 1951

11.30 FILM: Sealed Cargo 1951 (PG) Melodrama, with Dana Andrews. (b/w) (S) 35399
1.00 Uncharted Territory 82399
1.30 Working Lunch (S) 17950
2.00 Small Town Gardens (W) (S) 35001841
2.10 Sun, Sea And Bargain Spotting (R) (W) (S) 8881738
3.10 Castle In The Country (W) (S) 23527099

(W) (S) 7357009 40 Flog It! (R) (W) (S) 1995370 25 Ready, Steady, Cook 3537641 10 Weakest Link (S) 3755134 55 Queen's Speech Broadcast

(W) (S) 156196 (W) (S) 156196 **90 Sudo-Q** Quiz show. (W) (S) 221 **30 Strictly Come Dancing – It Takes Two** (W) (S) 573 6.10

Cubeez (R,S) 6398979
The Hoobs (AD) (R,S) 3427080
The Hoobs (AD) (R) 3667467
Freshly Squeezed 78196
Friends (AD) (R,S) 80931
Everybody Loves Raymond

l,S) *78573* **Will & Grace** (R,S) *77844* 8.30 9.00 Frasier (R,S) 68196 9.30 Power To The People (S)

Followed by 3 Minute Wonder. 70301 10.00 Giving Up The Weed (R,S) Followed by 3 Minute Wonder. 86115 11.00 Young Black Farmers Two

trainees are given permanent jobs. Last in series. (R,S) Followed by 3 Minute Wonder. (R,S) 21509

Minute Wonder. (R.S). 21509
12.00 News At Noon (S) 71660
12.30 Headland Adam comes face to face with his father. (S) 68863
1.30 Proud Parents (S) 34194561
1.40 FILM: The Wackiest Ship In The Army 1962 (U) World War Two comedy, starring Jack Lemmon. (W) (S) 12638466
3.30 Caustdown With Kaith Parent

Countdown With Keith Barron.

(S) 3521370 4.15 Deal Or No Deal Cash-based

competition. (S) 3548757
5.00 The New Paul O'Grady
Show A Take That special. (S) 919
6.00 The Simpsons Parody of the

film Short Cuts. (R,S) 689

6.30 Hollyoaks Louise struggles to avoid Warren's advances. (S) 641

6.00 Milkshake! The Save-Ums! 6.00 Milkshake! The Save-Ums! (R,S) 2778906 6.15 Bear In The Big Blue House (R,S) 77011844 6.40 MechaNick (R,S) 75626660 6.50 Hi-5 (R) (S) (S) 636716347 7.20 Rupert Bear (S) 4132693 7.40 Make Way For Noddy (R,S) 4217405 8.00 Fifi And The Flowertots (R,S) 4824739 8.15 Peppa Pig (R,S) 9265467 8.20 Thomas & Friends (S) 6149125 8.40 Bird Bath (S) 489122 1 8.50 Mio Mao (S) 4897405 9.00 The Wright Stuff Ben Elton and Dr Sarah Javine discuss the issues of the day. (S) 800660 10.30 Thish a Goddard (S) 8355738 11.30 five news (S) 3102080

Five

10.30 Trisha Goddard (S) 8355788
11.30 five news (S) 3102080
11.30 five news (S) 3102080
11.30 five news (S) 3102080
12.00 Home And Away Kim and Kit's secret is almost revealed. (AD) (R) (SL) (S) 7930641
12.30 BrainTeaser Quiz. 8359554
1.30 FILM: Seduced 1985 (PG)
Thriller, starring Cybill Shepherd and Gregory Harrison. (S) 3477127
3.30 FILM: Columbo: By Dawn's Early Light 1974 (PG) Crime drama, starring Peter Falk. 6129283
5.30 five news (S) 2028776
6.00 Home And Away Drew is angry when he learns he cannot get his hands on his inheritance until he is 18 years old, and Matilda discovers the truth about Lee's baby. discovers the truth about Lee's baby.

(AD) (S) 2025689 6.30 In The Grid 2009641

ITV1

5.30 ITV News (S) 74405 6.00 GMTV (W) (S) 8818318 9.25 The Jeremy Kyle Show (W) (S) 6398950

9.25 The Jeremy Kyle Show
(W) (S) 6398950
10.30 This Morning Amy Nuttall
challenges John Scott. (W) (S) 52689
12.00 This Morning - I'm A
Celebrity Special Live update
from the Australian jungle. 80318
12.30 Loose Women Anne Diamond
drops in to chat. (W) (S) 60221
1.30 ITV News (S) 1776
2.00 The Price Is Right (S) 8467
2.30 Dickinson's Real Deal
(W) (S) 23554
3.28 Local Weather (S) 3209221
3.30 CITV! Pocoyo (W) (S) 5620318
3.35 Mr Bean: The Animated Series
(F) (W) (S) 882784 3.95 Tricky
Quickies (W) 2714554 4.00 Horrid
Henry (W) (S) 885757 4.15 Bel's
Boys (AD) (W) (S) 8848080 4.30
Jungle Run (W) (S) 5557
5.00 The Price Is Right (S) 2047
5.30 Pm A Celebrity... Get Me
Out Of Here! - Exclusive All the
gossip from the jungle-based

outr of Here! - Exclusive All the gossip from the jungle-based challenge and a preview of the Bushtucker Trial. (S) 1.34 6.00 Local News, (S) Weather 937 6.30 ITV News The day's headlnes (S) Weather 937660

(S) Weather 879660 55 Queen's Speech Broadcast (S) 838573



9.00 Herald Of Free

Enterprise: The True Story Reconstruction of the 1987

passengers died. The programme looks at what caused the accident and speaks to

10.00 BBC News (W) (S) 96979 10.30 Local News, (W) (S) Followed by Queen's Speech Broadcast. (R) (W) (S) 459979 10.35 The National Lottery

immune system does not work. (W) (S) Followed by National

11.30 Celebrity Scissorhands

the crimpers as famous faces

enter boot camp to train as hair

and beauty experts for Children

in Need night. (W) (S) 46009

12.00 FILM: Blow Out 1981 (18) Thriller, starring John Travolta. (W) (S) *948121* **948121 1.50** Sign

(S) 948121 948121 1.50 Sign Zone: Planet Earth (R) (SL) (W) (S) 9331595 2.50 Sign Zone: A Child Against All Odds (R) (SL) (W) (S) 7526852 3.50 Sign Zone: Digging Deep (AD) (R) (S) 87400871 4.20 News 24 294581

Alex Zane presents the battle of

Draws (W) (S) *161202* **10.45 One Life** A baby whose

Lottery Update. 220844

ferry disaster, in which 193

survivors. (W) (S) 9329

8

9

MATCH OF THE DAY Gary Lineker pres coverage of England's friendly international, 6.50pm



COME DANCING – IT TAKES TWO: Claudia Winkleman chats with the Sugababes, 6.30pm

7.00 Coast The team press on across the Scottish coast, journeying between Arran and Gretna. Along the way they visit the dunes where Alfred Nobel built the world's largest explosives factory. (AD) (R) 2757

8.00 Natural World The wildlife around South America's Falls of Iguacu on the border between gracial and Argentina.
(AD) (W) (S) 135405
8.50 Robins Of Eden Robins nesting in Cornwall's Eden Project. (W) (S) 619080

9.00 Torchwood Jack

encounters elemental enemies from his past. (W) (S) 379283 9.50 Two Pints Of Lager And A Packet Of Crisps Janet announces she is pregnant. (AD) (R) (W) (S) 183221

10.20 Look Around You Module three of the spoof educational series. (R) 283080 10.30 Newsnight Jeremy Paxman presents a

comprehensive round-up of the day's events. (W) (S) 501196

11.20 This Life Jobless Egg hits a winning streak at the bookmakers with the housekeeping cash and Kira's plan to ensnare Jo suffers a setback, (R) (W) (S) 272467

12.05 This Life (R) (W) (S) 5000245 **12.50** BBC News 24 5083326 **2.00** BBC Learning Zone: Schools: Key Stage 3 Bitesize Revision – Science 3 (S) 49351 4.00-6.00 Go For It! (S) 54158



THE NEW PAUL O'GRADY Gary Barlow and the rest of Take That join the SHOW: comedian 5pm

7.00 Channel 4 News Including sport and weather. (S) 939047

7.55 3 Minute Wonder: Youthdance 2006 Six friends hang around their home town, a ce where movement becomes dance. (S) 236486

8.00 How Clean Is Your

House? Kim Woodburn and Aggie MacKenzie help a karaoke singer whose home is under a layer of dust and dirt. (S) 9573 30 Your Money Or Your

Wife A Stevenage solicitor owes £30,000. (S) 8080

9.00 My New Face The work of two surgeons to help disfigured children across the world, offering life changing surgery to youngsters from London to Cambodia, the Philippines and Ethiopia. (S) 99749641

10.35 Goldplated Beth turns up to the charity ball in a scarlet dress despite organising a black-and-white theme. She gets cosy with Leo at the event, sending an already upset Lauren over the edge (R.S) 254776

11.35 John Peel's Record Box

An insight into the DJ's persona record collection, with contributions from his widow Sheila Ravenscroft, as well as Elton John, Roger Daltrey and Ronnie Wood. (R,S) *370738*

12.45 World's Greatest Gigs (R,S) 5086413 1.55 FILM: Wild Side 2004 (18) Premiere. Intimate drama, starring Stephanie Michelini. (W) (S) 931968 3.35 Goalissimo 3924239 4.30 Transworld Sport (R) (SL) (S) 7162500 5.25-6.10 Countdown (R,S) 3155697



ASBO TEEN TO BEAUTY QUEEN: Forme pageant winner Michelle Fryatt dishes out the advice

7.00 five news (S) 2392825 7.15 Game Ranger Diaries

The team try to catalogue the park's elephants and track a male that has been fitted with a collar to measure migration routes. (S) Followed by five news update. 6839660

8.00 Asbo Teen To Beauty

Queen New series. Nine teenage tearaways from Manchester are trained to become beauty queens. (S) Followed by five news at 9. 5292554

9.00 FILM: Half Past Dead

2003 (15) Hi-tech crooks storm New Alcatraz jail, intent on freeing a death-row inmate who knows the whereabouts of \$200million in gold bullion, but reckon without the intervention of an FBI agent posing as a prisoner. Fast-moving action-packed adventure, starring Steven Seagal, Morris Chestnut, Ja Rule and Nia Peeples. Including five news update (AD) (S) 5295641

11.00 Paying For Love In **Paradise: Shock Docs**

The activities of sex tourists at two luxury erotic holiday resorts in the Dominican Republic and Costa Rica. Last in series. (R,S) 5499134

12.00 PartyPoker World Open II 6455041 1.30 NHL Ice Hockey 9212806 4.00 NHRA Drag Racing 20841351 5.20-6.00 A1 Grand Prix: se Grand Prix. 1573210



DATING THE model Daniela with a DJ.

7.00 Emmerdale The Sugdens are shocked to learn Daz and Andy's father is due for parole. (AD) (W) (S) 2283 7.30 Coronation Street Hayley

asks Roy if they can give Becky a job. (AD) (W) (S) 283

8.00 The Bill Billy Aldridge goes missing after making unsubstantiated accusations against GP Andrew Wilder, and is later found badly beaten up. Phil continues to make Stuart's life a misery. (AD) (W) (S) 8931

9.00 I'm A Celebrity... Get Me Out Of Here! As events in the jungle heat up, Ant and Dec are on hand to find out which famous faces are starting to show their true colours. (S) 5467

10.00 Dating The Enemy
Glamour model Daniela tempts
fate by spending three days with DJ Tony. (W) (S) 81047 10.30 ITV News Including Local

News and Weather. (S) 67467

11.00 Becoming Bond

Daniel Craig's preparation for the role. (W) (S) 5115

11.30 Entourage Vince goes house-hunting, and falls in love with one of Marlon Brando's old homes. (S) 64405

12.00 The Mint (W) Followed by ITV News. *56513871* **4.05** The Jeremy Kyle Show (R) (SL) (W) (S) *9062018* **5.00** Nightscreen *37326*

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN



9.25 Coronation Street Steve plans a party. (AD) (R) (S) 1861283 9.55 Emmerdale (R) (S) 1888405 10.25 Montel Williams (R) 2028318 11.10 Judge Judy (R) (S) 3465196 12.30 Coronation Street Kelly thinks

12.30 Coronation Street Kelly thinks Hayley is a traitor. (AD) (R) (S) 98912 1.00 Emmerdale Edna gets short shrift from Jimmy. (AD) (R) (S) 60115 1.30 The Jeremy Kyle Show Talk show. (R) (W) (S) 568290 2.35 The Jeremy Kyle Show Talk show. (R) (W) (S) 1067573 3.40 Ricki Lake (R) 7617028 4.30 Sally Jessy Raphael US chat show. (R) 8396009 5.15 Recoming Bond Cameras follow Daniel Craig as he prepares to take on the role of James Bond. (R) 696496

(R) 696496 5.45 Judge Judy (R) (S) 3148009 7.00 The New Adventures Of Superman A distraught woman reports her scientist husband has

gone missing. (R) 30863 8.00 Nanny 911 Tackling a seven-year-old who rules the roost. 16283 9.00 Driving Mum And Dad Mad Claire Halsey helps five families with troublesome children. (R) 36047

10.00 Coronation Street Hayley asks Roy if they can give Becky a job in the cate, while Danny dreams of getting married in Spain. (AD) (R) (W) (S) 67554

10.30 Pm A Celebrity... Get Me Out Of Here Now! Latest gossip

out of nere now: Latest gossip from the jungle. (W) 47196

11.30 I'm A Celebrity... Get Me Out Of Here: Live Coverage from the Australian wilderness. (W) 72370

1.00 Playdate: ITV Play 1516871

4.00 Playalong: ITV Play 67719

ITV3

5.35 ITV3 Nightscreen 58171080 6.00 Survival (R) 6989009 6.55 Peak Practice (R) 8975738 7.55 Ironside (R) 8719080 9.00 Rockford Files (R) 8429950 10.00 Outside Edge (R) 1390776 10.35 Outside Edge (R) 8854134 11.10 Agatha Christie's Poirot Detectiva Irana (R) 4319573

11.10 Agatha Christies Poirot
Detective drama. (R) 4319573

12.15 Rumpole Of The Bailey
Courtroom drama. (R) 2501592
1.20 Faith In The Future Hannah
becomes jealous. (R) 20899937

1.50 Faith In The Future Paul

returns from France. (R) 4774283 25 Ironside (R) 4311370

2.25 Ironside (R) 43/1370
3.30 Goodnight Sweetheart Time travelling cornedy. (R) 9690486
4.05 Rockford Files (R) 78/3486
5.05 Peak Practice Nick continues his scheming. (R) (S) 2492028
6.10 Goodnight Sweetheart
Phoche loses patigner. (R) 5392738

b.1u Goodnight Sweetheart Phoebe loses patience. (R) 5359738
6.50 Rumpole Of The Bailey Courtroom drama. (R) 1117554
7.55 Bramwell Robert takes charge when Eleanor goes away to the country. (R) 1024863
9.00 Goodnight Mister Tom Wartime family drams starring. John

9.00 Goodnight Mister Tom Wartime family drama, starring John Thaw. (R) (W) 34975950 11.10 Cracker Part two of three. Fitz

11.10 Cracker Part Wo of Inree. Fitz finds himself in an explosive situation. (R) 1499318 12.20 The Bill (AD) (R) (S) 6589245 1.20 Forever Green (R) 2694697 2.20 Peak Practice (R) (S) 6952245 3.15-5.15 Teleshopping 9825852

ITV4

6.00 Miami Vice Crockett and Tubbs target a drug-pusher. (R) 60295689

7.00 The Saint Templar gets behind the wheel of a rally car. (R) 58457863

8.00 Police, Camera, Action!

Drivers risk their lives in cars that would be more at home in a scrapyard. (B) 70330383

8.30 LAPD: Life On The Beat

8.30 LAPD: Life On The Beat
Documentary following officers going about their daily duties (R) 95190680
9.00 American Gothic Caleb experiences nightmares about digging his own grave. (R) 58453047
10.00 Vincent A wealthy man calls on the team to investigate the death of his son – and Vincent finds himself up against his old rival DCI Driscoll. (R) (W) (S) 97242196
11.30 World Poker Tour Poker from Los Angeles. (R) 32013863
1.25 Millennium (AD) (R) 41268582
2.20 Millennium (AD) (R) 18492210
4.00 Teleshopping 44035806

4.00 Teleshopping 44035806



ASBO TEEN TO BEAUTY: five, 8pm

WHAT'S HOT TO WATCH TODAY

REMEMBER when programme makers used to jump at the chance to transform dreary homes into palaces? Now it's people they are after – and the rougher the better. After Ladette To Lady stand better. After Leadure to Lady saint by for another transformation show: ASBO TEEN TO BEAUTY QUEEN (Five, Spm.). The title says it all, really. Nine little charmers who you wouldn't want within a mile of your house are subjected to the life-changing techniques of former American heauty queen to the ine-changing techniques of former American beauty queen Michelle Fryatt. She has six weeks to ring the changes but the poor woman is only a beauty expert, not a miracle worker. Her first job, surely, will be to coax these gobby girls from Manchester out of their

lovely tracksuits. The best of the bunch will go on to represent England in a Miss Teen International contest, in America. It's all a bit toe-curringly embarrassing and yet curiously watchable. Now, if only someone could work out how to transform hopeless, boring programmes into shows worth watching...

WHEN it was first announced that little-known Daniel Craig was to be the new James Bond, even industry experts could scarcely believe it. Everyone sald with his blond hair he didn't look the part and that he would be utterly hopeless.

Now, after glowing reviews of the new Bond movie, the actor can do

no wrong. If you missed him with Parky and Wossy, you can catch the man of the moment again on BECOMING BOND (ITV1, 11pm), in which he talks about his preparations for the role and the

preparations for the role and the re-branding of the man with the licence to kill.

BELIEVE it or not, it's 19 years since the Zeebrugge ferry disaster in which 193 passengers died, it's partly because such incidents are thankfully so rare that it has stuck in the collective memory for so long. HERALD OF FREE ENTERPRISE: THE TRUE STORY (BBC1, 9pm) examines what went wrong and examines what went wrong and talks to survivors.

NEIL BONNER

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

*****Don't miss it ****Good ***Average
**Time filler *Garbage!

SEALED CARGO (1951) b/w *** BBC2
11.30am-1.00pm. WW2 melodrama.
Newfoundland fishing boat captain Dana
Andrews saves the day when he comes across
a sailing ship which is commanded by
disguised Nazi Claude Rains and is loaded with
a cargo of weapons. a cargo of we

SEDUCED (TVM, 1985) *** Five 1.30-3.30pm. Thriller. Ambitious lawyer Gregory Harrison's progress up the corporate ladder in big business is impeded – first by intrigue, then by an affair with a married woman and finally by a murder.

THE WACKIEST SHIP IN THE ARMY [1961] *** C4 1.40-3.30pm. Comedy. WW2 US Navy lieutenant Jack Lemmon ends up commanding a barely shipshape vessel which is crewed by wisecracking landlubbers and has to lead a dangerous mission into enemy territory in the Pacific.

COLUMBO: BY DAWN'S EARLY LIGHT (TVM, 1974) *** Five 3.30-5.30pm. Thriller: Shabby sleuth Peter Falk uncovers a complicated web of intrigue and murder in the ranks when he investigates a mysterious death that takes place during a training exercise at a military academy.

HALF PAST DEAD (2002) ** Five 9.0011.00pm. Thriller. Steven Seagal goes undercover in the newly reopened Alcatraz prison in order to infiltrate a dangerous gang. Things do not go according to plan when an inmate takes hostages and threatens to dispose of them.

dispose of them.

BLOW OUT (1981) ***** BBC1 midnight1.50am. Thriller. Sound recordist John
Travolta is plunged into a slew of intrigue and
danger when he records vital evidence and
then rescues a woman passenger from a
senator's car that plunges into a river.

will Subsect that plunges into a river.

WILD SIDE (2004) ** C4 1.55-3.35am.

Drama. A transsexual prostitute who shares a room in Paris with a former Russian soldier and a French-Arab male whore travels with his two lovers to look after his elderly mother when she becomes ill.

REGIONAL VARIATIONS

BBC1 Variations WALES: 1.30-1.40 Local News; Weather 20165793 3.20-3.25 BBC News, Weather; Local News 328255-6.30-6.50 Local News 971641 10.45 Frorillne Iraq 19557-11.15 One Lile 27791 2 L200 Calebrity Scissorhands 4436 12.30 Film: Blow Out 140993 2.20-2.50 Sign Zone: Child O Our Time: The Children's Stories 7472710

The Children's Sissa 22-22-22 sign 2018; 2018; Chilli Of Curl Illian and Children's Sissa 2019; Por leic CV The Motorway Flatep 6757 1.20 Johnny Kingdon - A Year On Ermoor 787; TYV1 Variations IIV1 AND Lat. 2.28 Anglis Measher 32022/16.00 Local News 837 IIV1 CENTRAL 3.28 Local Weather 32022/16.00 Local News 837 IIV1 CENTRAL 3.28 Local Weather 32022/16.00 Local News 937 IIV1 CHANNEL: 3.25 Portland Weather 32022/16.00 Local News 937 IIV1 CHANNEL: 3.25 Portland Weather 32032/16.00 Local News 937 IIV1 CHANNEL: 3.25 Local News 937 IIV1 WALES 3.26 IIV1 Wales Sign Local News 937 IIV1 WALES 3.26 IIV1 Wales Weather 32032/16.00 Local News 937 IV1 WESTOONTHY: 3.28 Westoontry Weather 32032/17 IV1 WESTOONTHY: 3.28 Westoontry Weather 32032/17 IV1 WESTOONTHY: 3.28 Westoontry Weather 32032/16.00 Local News 937 S44C a 24 dexcept 3.00 Exposition Followed by Young Black.

Westcountry Weather 320927 (6.00 Local News 937
846 As C4 secopt 3.00 Vsgolion Followed by Young Black
Farmers 6786386 8.60 Designers Under Pressure 90/0825/3
10.00 Power for The People 94607299 (10.30 Giving Ub The
Weed 10/569757 11.30 Bitesize Cymraeg All-Ialih 74999689
12.30 Planet Plant Bach 672/163/18 1.15 3 Mintue Wender:
Youthdance 2006 34894991 1.20 Your Money Or Your Wile
90/48/151.35 How Clean is Your House? 49/4723 2.25 Designer
Or No Losal 5/67/5973 3.10 Countdown 7567/46/24 3.00 Planet
Or No Losal 5/67/5973 3.10 Countdown 7567/46/24 3.00 Planet
678/46347 7.25 Dartificitled Araful Y Frenhance San Y Bland Latir
297/2595 0 7.30 Newyddion 137/22944 8.00 Pobol V Cwm
56897590 8.25 Cwywydd Dillad 9.00 0 V Mar 1479/78/196 3.00
Sloo Gell 99/12/55/2 10.00 Ramsay's Kitchen Nightmarce
9785/796 1.05 Goldpiladed 348/31/8 12.05 Film: Risky
Busness 430/13602 1.35 Lale Night Poker Masters 57/19/28/3
25.55 Film: Thomodronal Love 27/88/51/8



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PRIVATE

...ON LAST NIGHT'S T

IN 2001, following a gigantic explosion in the skies, the population of Southern India was hit by two months of mysterious red rain. For locals, this was a sign of the end of the world. For physicist Godfrey Louis, however, it was proof of panspermia – a theory so odd that even astrophysicists laugh at it.

HORIZON: WE ARE THE ALIENS (BBC2) seemed to be laughing too – given the wacky soundtrack and the constant, dreadful punning of the narrator. But panspermia may not be so outlandish as it sounds. Just as plants on earth spread their seed by traveling on the winds, some scientists believe that tiny microbes can travel round outer space, hitching a ride on comets and meteors. They could even be the origin of life on Earth –

though for every theory, there is a battalion of scientists waiting to knock it dead. And Dr Louis' theory was just begging to be knocked. It rested on the idea that he'd examined samples of it under a microscope, found it to be teeming with peculiar life-forms, but couldn't see any evidence of DNA.

Bats

Since all life on Earth contains DNA, he concluded that it must have come from another galaxy. He might also have concluded that his samples did contain DNA, but he'd missed it. The latter explanation turned out to be the case when a rival laboratory went to work. But even if the red rain was quite innocent – caused, according to one theory, by a huge

colony of bats being pulverised by a meteorite – some scientists continue to stake their
reputations on the reality of panspermia.
Pointing out that tiny organisms have been
seen to survive in nuclear reactors and even
deep-frozen penguin's poo, they see no reason
why they couldn't thrive in space, and end up
here. In fact, by the end of the programme,
the panspermia theory sounded so reasonable
that we wondered whether the quirky
approach was really doing the subject justice.
The new generation of Horizon programmes deserves to be congratulated for the
way it has brought fresh life and a whiff of
humour to the dustiest corners of science.
But there's nothing wrong with being serious once in a while.

SKY ONE

6.00am Taste 7.00 Pokemon 7.30 Yu-Gi-Oh! 8.00 Malcolm In The Middle 8.30 Malcolm In The Middle

Middle 8.30 Malcolm In The Middle 9.00 Scrubs 9.30 Scrubs 10.00
Law & Order 11.00 Cold Case Noon Buffy 1.00 Scrubs 1.30 Scrubs 2.05
Cold Case 3.00 Buffy 4.00 Stargate SC1-6.00
Malcolm In The Middle 7.00 Malcolm In The Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate SC1-6.20
Scrubs 1.00 Stargate Atlantis 10.00
Lost: A Tale Of Survival 11.00
Popcorn 11.30 More Big Ideas

12.00midnight Battlestar Galactica 12.55 Battlestar Galactica 2.25 Mile High 3.20 Temptation Island UK 4.15 Keen Eddie 5.10-6.00 Dream Team

BBC THREE

FILMS

SKY MOVIES 1

6.00am A Simple Twist Of Fate (1994) (PG) Emotional drama, starring

8.00 Are We There Yet? (2004) PG) Comedy, starring Ice Cube. 994 10.00 In The Army Now (1994) (PG) Comedy. 87876370 11.45 National Treasure (2004)

(PG) Action adventure. 15179689 2.00pm A Simple Twist Of Fate (1994) (PG) Emotional drama. 7119 4.00 Are We There Yet? (2004) (PG) Comedy, with Ice Cube. 17207912 5.45 Star Wars: The Characters Of Star Wars The saga's heroes and

6.15 In The Army Now (1994) (PG) 6.15 In The Army ... Comedy, starring Pauly Shore, 38620190 8,00 National Treasure (2004) (PG) Action adventure, starring Nicolas Cage.

10.15 The 40 Year Old Virgin (2005) (15) Comedy, starring Ste Carell. 514399

Careii. 514399
12.15am Never Die Alone (2004)
(18) Crime thriller, starring DMX. 79842
1.50 My House In Umbria (2003)
(12) Drama, starring Maggie Smith.

3.40 The Sports Pages (2001) (12)

Sporting comedy. 407968 5.15-7.00 The Adventures Of Ragtime (1998) (U) Family comedy starring Shelley Long. 55433177

SKY MOVIES 2

6.45am A Heartbeat Away (2004) (PG) Drama. 41388931 8.30 Sam Churchill: Search For A Homeless Man (1998) (PG) Thriller.

21450283 **10.10 The Blue Butterfly (2004)** (PG) Drama. 87874912 11.55 The Sign Of Four (2001)

(PG) Mystery. 7774399 1.25pm A Heartbeat Away (2004) (PG) Drama. 29687950 3.05 Sam Churchill: Search For A Homeless Man (1998) (PG) Thriller.

4.45 The Blue Butterfly (2004) (PG) Fact-based drama. 48475863 6.30 The Sign Of Four (2001) (PG)

Sherlock Holmes mystery. 81221 8.00 Winter Solstice (2004) (15) LaPaglia. 98863 10.00 Delta Force II: The

Colombian Connection (1990) (18) Violent action adventure, with Chuck 11.55 True Romance (1993) (18)

1.55am Switchback (1997) (15)

3.55 UK Top 10 57111121

4.15 6.00 A Heartbeat Away (2004) (PG) Drama. 653790

SKY CINEMA 1

6.15am Saturday Night And Sunday Morning (1960) (PG) Drama.

33588370 7.55 The Bitter Tea Of General Yen (1932) (PG) Drama. 47400573 9.35 Limelight (1952) (U) Drama 97416486 **12.00noon Meet John Doe (1941)**

(PG) Drama. 10393912 2.05 Saturday Night And Sunday Morning (1960) (PG) Drama. 6392080 3.40 Limelight (1952) (U) Drama.

45961825 5.55 Meet John Doe (1941) (PG) Satire, starring Gary Cooper. 80752196 8.00 Shoot The Pianist (1960) (15)

Comedy thriller, starring Charles Aznavour. 43357573 9.45 Jules Et Jim (1961) (PG)

87009931 11.55 The Tingler (1959) (15) Shocker, starring Vincent Price. 1812863 1.30am Avanti! (1972) (12) Comedy.

4.10 6.00 The Bitter Tea Of General Yen (1932) (PG) Drama. 5103974

7.00pm Dog Borstal 8.00 Celebrity Scissorhands 9.00 The Real Hustle 9.30 The Real Hustle 10.00 Film: Flashdance (1983) (15) Tl.30 Two Pints Of Lager And A Packet Of Crisps Midnight Celebrity Scissorhands Uncut 2.00 The Real Hustle 2.30 The Indestructibles 3.00 Dog Borstal **BBC FOUR**

7.00pm The Martians And Us 8.00 The World 8.00 Weather 8.30 Valley Of Song 9.00 Lonesome Dove 10.30 Don't Watch That, Watch This! 11.00 Never Mind The Full Stops 11.30 Madonna Talks To Kirsty Wark

12.00midnight The Martians And Us 1.00 Mark Lawson Talks To lain Banks 2.00 Don't Watch That, Watch This! **2.30** Valley Of Song **3.00** Never Mind The Full Stops **3.30** Don't Watch That, Watch This!

E4

6am Music: Uninterrupted 7.30 Wake Up With Jack Black 8.30 Whatever Up With Jack Black 8.30 Whatever You Want 11.00 Nothing But Hall Of Fame: Robbie Noon E4 Music: Uninterrupted 1.00 Tensehy Squeezed Extra 2.00 The OC 3.00 Beauty And The Geek: The Aftermath 4.00 Scrubs 4.30 Hollyeads 5.00 Friends 6.00 The OC 7.00 Hollyeaks 7.30 Scrubs 8.00 Friends 9.00 Desperate Housewives 10.00 Bol In The USA 10.30 Star Striptes 11.05 Scrubs 10.30 Star Stories 11.05 Scrubs 11.35 Goldplated 12.35am Sex And The City 1.15 No Angels 2.15 Desperate Housewives 2.55 No Angels 3.55 Beauty And The Geek: The Aftermath 4.40 Switched 5.00 Switched 5.25 Switched

MORE4

10.40am A Place In The Sun 11.10 Countdown 11.55 Deal Or No Dea 12.45pm New Paul O'Grady Show 1.45 Film: The Devil And Miss Jone (1941) (U) **3.30** Thirtysomething **4.30** Film: Texas Lady (1955) (U) **6.05** Deal Or No Deal **7.00** A Place In The Sun **8.00** News **8.30** Jon Stewart **9.00** 30 Days 10.00 Stanley Goes To Europe **11.00** Starkey's Last Word **11.30** Jon Stewart **Midnight** 30 Days **1.00** Stanley Goes To Europe

televisionX (SKY 903)

10.00pm Freeview 10.10 The Two Jonnies 10.30 Eurochicks 10.40 A*** Teens 11.00 Freeview 11.10 A*** Teens 11.00 Freeview 11.10
A*** Teens 11.15 The Omrs Show
11.25 Glamour S**** 11.35 Road
Tip= Esher 11.50 Amsterdam
Central Midnight Freeview 12.10
Amsterdam Central 12.20 Ben Dover
12.40 Annas Place 1.00 Twin
Cheeks 1.20 C*** Crazy 1.40 Action
Time 1.45 Fiesh Friday 3.10 Hot
Babes In The City 2

RADIO

Radio 1 (FM: 97.6-99.8 MHz) 7.00
The Chris Moyles Show. 10.00 Jo
Whiley. 12.45 Newsbeat. 1.00
Vernon Kay. 4.00 Sara Cox. 7.00
Zane Lowe. 9.00 Jo Whiley's In Live
Music We Trust. 10.00 Colin Murray.
12.00 Vic Galloway. 2.00 Gilles
Peterson. 4.00 JK And Joel.
Radio 2 (FM: 88-90.2 MHz) 6.00
Sarah Kennedy: The Dawn Patrol.
7.30 Wake Up To Wogan. 9.30 Ken
Bruce. 12.00 Jeremy Vine. 2.00
Steve Wright In The Affernoon. 5.00
Chris Evans. 7.00 Nick Barraclough.
8.00 Mike Harding. 9.00 Courtney
Pine's Jazz Crusade. 10.00 You
Send Me – The Sam Cooke Story.
10.30 The Mark Radcliffe Show.
12.00 Janice Long. 3.00 Alex Lester.
Radio 5 Live (MW: 909, 693 KHz)
5.00 Morning Reports. 5.30 Wake
Up To Money. 6.00 Breakfast, 9.00
Victoria Derbyshire. 11.20 The
Midday News. 1.00 Simon Mayo.
4.00 Drive. 6.30 Five Live Sport:
Holland V England (Kick-Coff
Holland V England (Kick-Coff
Virgin Radio (MW: 1215, 1197,
1242 KHz) 6.00 Christlan
O Connell's Breakfast Show. 10.00
Russ Williams. 1.00 Neil Francis.
4.00 Martin Collins. 7.00 Ben Jones.
10.00 The Geoff Show. 1.00 Greg
Burns. 4.00 John Osborne. Radio 1 (FM: 97.6-99.8 MHz) 7.00

SPORT

SKY SPORTS 1

6.00am You're On Sky Sports! 22270 7.00
WWE: Heat 19841 8.00 International Football
10370 9.00 International Football 59350 10.00
Revista De La Liga 53825 11.00 Poker Million
73450 1.00pm International Football 67347
2.00 International Football 43950 3.00 Poker
Million 98370 5.00 Live International
Football Israel v Croatia (Kick-off 5.00pm). Football Israel v Croatia (Kick-off 5.00pm). 4080 7.00 Live International Football nepublic of Ireland v San Marino (Kick-off 7.30pm). The Euro 2008 Group D qualifier. 882660 10.00 International Football Holland v England. 37172 12.00mldnight International Football 91516 1.00 J. League Weekly 55351 1.30 Poker Million 92245

SKY SPORTS 2

6.00am Aerobics 3937399 6.30 Shift
Adventure Snowriders 1661221 7.00 Aerobics
3545318 7.30 Shift Adventure Snowriders
354828 5.00 Sports Unlimited 7910080 9.00
Shift Adventure Snowriders 9008478 9.30 360
Surling 9855680 10.00 International Bowls
9842198 Moon Revista De La Liga 9845283
1.00 Sports Adventure 3544889 1.30
International Bowls 5076959 3.30 Football Asia
9262196 4.00 International Football
6893134 5.00 World Of Gold 121/7912 6.00
European Tour Weekly 9251080 European Tour Weekly 9251080 6.30 Spirit Of Yachting 9275660 7.00 World Of Golf 4582009 8.00 Transworld

Sport Action and features. 4591757 9.00
European Tour Weekly News from the golf circuit. 6895318 9.30 World 07 Golf News from across the globe. 3299370 10.30
Transworld Sport Action from around the globe. 209771 11.30 Total Rugby A round-up of recent matches. 165875712.00midnight World Of Golf 7906887 4.00 European Tour Weekly 5640719 1.30 Transworld Sport 9797023

SKY SPORTS 3

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

10.00am Motor Racing 14743757 11.00
Racing News 70784912 11.30 Aerobics Oz
Style 70785641 12.00noon Sports Unlimited
44847134 1.00 Motor Racing 4482555 2.00
Shift Adventure Snowriders 69861931 2.30 360
Surfing 38288863 3.00 Sports Unlimited
70798757 4.00 World Pool League
70708592 5.00 WWE: Bottom Line
68971318 6.00 WWE: Bottom Line
68971318 6.00 WWE: Metroburn 44843318
7.00 Watersports World Aquatic activities.
52859950 8.00 Thai And Kickboxing
Superleague Meeting from Vienna. 69858467
8.30 Spirit Of Yachting The Sardinia Cup.
69860202 9.00 Squash The Hong Kong Open.
52855139 1.00 Thai And Kickboxing
Superleague The Superleague meeting from
Superleague. Superleague The Superleague meeting from Vienna. 52269641 10.30 Total Rugby A round-up of matches. 52285689 11.00 Ton Pin Bowling The 2006 Weber Cup. 14744486 12.00midnight Squash 31834055 1.00 Thai And Kickboxing Superleague 46502622 1.30 Watersports World 58025603

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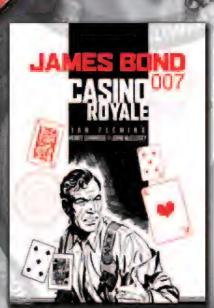
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OUTION / Sec



He has secret lover

MONTHS after my boyfriend came back from a seaside stag party I have discovered he's seeing a girl he met there. When they all came back from the trip he admitted that he had had sex with someone else and I was devastated. He promised he'd never do it again, and I believed him. But he's been lying to me all this time. I found out when I couldn't get hold of him on his mobile. I rang a bloke he was meant to be with who said my

who said my boyfriend wasn't with him, so I called everyone he knows.

Angry

When he came home

When he came home he was angry that I had been checking on him and made out I was in the wrong. When I said it was because his boss needed him urgently he realised he'd been caught out and admitted everything. It seems this woman has moved up here to

has moved up here to be near him and he sees her every day.

JANE SAYS: Get rid of this guy – he's been cheating on you for months and living a double life.

There's clearly some-

There's clearly something very serious between him and this other woman and I don't think you should even try to light it. He's clearly not man enough to have ended his relationship with you before embarking on one with this other woman so do him and you a huge favour and you a huge favour and chuck him out.

You deserve better.

Lesbo shock on night we met up in the pub

I'VE been close to a bloke at work for about two years and we get on really well.

He reckons he's never got on with a girl as well as he does with me and that's probably because I am a lesbian.

because I am a lesoian. He often comes round to see me and my partner, and the three of us have a great time.

Recently he's been seeing a girl and he couldn't wait for me to meet her.

meet her.

My girlfriend and I waited in the pub for the two of them to turn up and what a huge shock it was when they did ... because she was my ex-lover.

It made for a very frightening and embarrassing evening evening

and embarrassing evening because I hadn't told my lover

because I naun't told my lover anything about her.

To be fair the girl just said that we knew each other but I was real-ly panicking that she'd let the cat out of the bag.

This girl was really nasty to me when we were together.

Warned

She was such a huge control freak that when we finally split up I was very close to a nervous breakdown.

reakdown. I hadn't told my girlfriend about

I hadn't told my girlfriend about her because I wanted to put the past behind me.

The next day I rang my mate and warned him about her, but he said that she's told him I'd say she was bad news because I was interested in him myself.

That's simply not true and I am now genuinely worried for my friend's wellbeing.

He won't speak to me at work now and it's clear that this witch has poisoned him against me.

How can I save him from her?

How can I save him from her?

JANE SAYS: This girl sounds dreadful and she's still trying to exert some control over you. But



THE HATING GAME: Our reader can't get her mate to realise that his girlfriend is a nightmare

because of your history it's difficult for you to fight her. I suggest you insist your work-mate listens to you – beg him if

you have to.

Assure him you love your own current girlfriend, and are not interested in him.

Tell him this girl made your life a misery, that you nearly had a breakdown and you don't want it happening to him. Then you will

have done all you can and it's up to him to either take your advice or ignore it.

Doubts

He knows you well enough to believe you, but this woman has already started to give him

doubts about you.

Make sure he knows that you'll be there to pick up the pieces when the inevitable happens and

per minute from a BT landline)

then leave well alone. At the same time I think you should explain to your partner exactly what happened to you at the hands of this woman.

She needs to know what's got you worked up and perhaps she could have a word with your workmate.

workmate.

She may have more clout than you because she hasn't got a reason to hate his girlfriend.

such a bore

I'VE been married for 10 years and I'm going out of my mind.
I'm bored with my whole life and sure there must be more to living than this.
My wife is lovely, but she bores me rigid.
We've been together since we were 15 and got married at 18. I can't see a way out except for 60 or 70 more years of this.
We don't have any children and I wonder if now is the time to make the break.

Same

There doesn't seem anything to stay for. Sex is the same every night – as is everything else we do together. The thought of spending another Christmas with her parents and sister and brother and their families makes me want to run away. I've tried talking to her about it, but she looks at me as if I'm

looks at me as if I'm talking a foreign

language.
I don't even know if I love her any more.

JANE SAYS: Sit her down and ensure she understands that your relationship is at risk.

All marriages need work from time to time to keep them alive.
For Christmas, why not have a romantic break and try to rediscover each other?

Buy a good sex book and work your way through it. If she won't listen take her to Relate (0845 456 1310) for some expert help

0906 751 3140

0906 751 3141

0906 751 3142

0906 751 3143

0906 751 3144

0906 751 3145

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0906 751 3157

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

Bullied when we go out with pals

MY boyfriend has a go at me every time we go out. It's embarrassing and hurtful, and he's not like it at home. When we're with friends he contradicts everything I say and makes me look stupid.

and makes me look stupid.

You'd think he was an expert on everything from fashion to religion and even me, my family and my job.

Sometimes I just end up crying and that makes him worse because he then shouts at me. At home he's always sorry, and lovely until the next time it happens.

JANE SAYS: I hate men and women who behave like this. What gives your boyfriend the right to bully you like this in public? It doesn't make any difference that he's sorry at home or that he's nice when you're on your own. The damage has been done and no amount of apologising can take it back.

Tell him that if he does it once more he can pack his

You don't need this stress so make sure that he under-stands you mean it.

Da









CONTINUES TOMORROW

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Aries

(Mar 21-Apr 20)

IT'S time to get down to business or press ahead with negotiations. Talking figures with those you are attached to may be a headache. But you are more than a commodity. Maybe you should finance something yourself. Who knows what you'll get out of it in the end? To see why your lust for expected helds no bounds call. someone holds no bounds, call.

To receive daily texts send DSARI to 85100

0906 751 5771 (01) *

A TANTALISING link between Venus and Jupiter denotes that you could be deeply affected by a relationship. This is a day when you could swoon for someone who doesn't really care about you. Don't demean yourself. What is suggested actually doesn't feel out of place. To see why tonight's the night, call...

To receive daily texts send DSTAU to 85100

0906 751 5771 (02) *

Gemini (May 22-June 22)

THIS is likely to be a time when you can enjoy yourself, but also when you are inclined to over-indulge or push yourself too hard. Keep this up, and you'll lose your looks! Let others do all the donkey work. No one will bother if you walk away nonchalantly today. To see why you are up for anything, call...

To receive daily texts send DSGEM to 85100

0906 751 5771 (03) *

Cancer

Taurus

(June 23-July 23)

THOUGH your forment won't last, love and dissatisfaction go hand-in-hand at the moment. And yet, what takes place now could turn an ordinary affair into something unique. Pity you have some financial problems to sort out. You may have to whip out your wallet later this week. To see why you could pick anything you want, call...

To receive daily texts send DSCAN to 85100

0906 751 5771 (04) *

Leo (July 24-Aug 23)

YOU might enjoy some sort of family activity. A school play, perhaps? The trouble is that sation as bit anxious. Don't let this bother you too much though as you shouldn't be afraid to try a new lifestyle. That's another thing that will be brought home today. To see why harmony will prevail, call...

To receive daily texts send DSLEO to 85100

0906 751 5771 (05) *

Virgo

(Aug 24-Sep 23)

DISCUSSIONS may have dragged on for a bit. Now, however, you should manage to skip all the boring details and enter into an arrangement that makes you happy. Steady don't go too far. Chances are, all reason goes out the window today. The more connected you are, the better. To see why you can cope with anything, call...

To receive daily texts send DSVIR to 85100 0906 751 5771 (06) *

(Oct 24-Nov 22)

Libra

(Sep 24-Oct 23)

THEY say stealing is wrong. However, you could get something for a song today. The nice part is, that you never made an offer. This is a fruitful time – but everything comes with a price leg. It's all about positive and negative values. To see why riches beyond your wildest dreams are there for the taking, call...

To receive daily texts send DSLIB to 85100

0906 751 5771 (07)

Scorpio

BECAUSE Venus is close to Jupiter in BECAUSE Venus is close to Jupiter in Scorpio, you may skip a function today. Seldom have you felt so close to someone, but trying to put it into words is a bit ricky. Whatever you come across, your devotion must be unwavering, even if others seem on a power trip. To see why you should stop fantasising and start acting, call...

To receive daily texts send DSSCO to 85100

0906 751 5771 (08) *

Sagittarius (Nov 23-Dec 21)

THINGS have got so complicated lately. You had no choice but to get out of the way when a tricky problem came along. A secret relationship could flourish. Strange, after such a long absence. Meanwhile, you need to catch up with some important news today. This is information you can't miss. To see why it's like decoding a secret, call...

0906 751 5771 (09) *

Capricorn (Dec 22-Jan 20)

YOUR diary won't be empty for a while. Be careful of people pretending to be your friends. This is a mad time, and you can expect more than a fleeting encounter today. However, you could be overwhelmed and could end up paying the price for a secret liaison. To see why you are the master of disguise, call...

To receive daily texts send DSCAP to 85100

0906 751 5771 (10) *

Aquarius (Jan 21-Feb 19)

YOU are sure to get a nod of approval from someone in authority. Despite some personal success, you may be alarmed at being so popular. You won't be ousted. You might be given an appointment today. How do you tell a partner what you are up to? To see why you must be a really special person, call a really special person, call..

To receive daily texts send DSAQU to 85100

0906 751 5771 (11)

Pisces

(Feb 20-Mar 20)

(%) THERE is a tendency to lag behind, even though others will keep you going. A message means so much today. Don't be surprised if events happen quickly, and there's a lot of challenges to tackle. Stepping off the treadmil is not difficult—it just takes some technical know-how. To find out the meaning lateral setting all the control of t out how you will be carried along, call.

To receive daily texts send DSPIS to 85100

0906 751 5771 (12) *

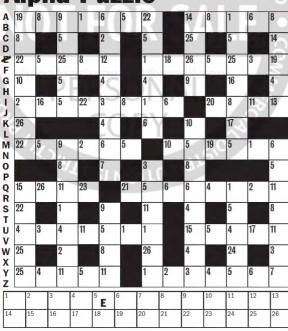
When you telephone to haar Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the n next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Sub Justin's daily lexts for 50p per message per day; ge lard DSARI to 85100. You will be sent one new message deally. This is a subscri will cost you 50p per day until you text your star sign's code followed by STOP, eg DSARISTOP to 85100. For help call 0870







Alpha Puzzle™



Alphapuzzle Books: To order NEW Alphapuzzle Vol 11 (£6.99) or Vol 10 at the same price (UK postage FREE), send cheque/PO to Express Bookshop, PC Box 200, Falmouth TR11 4MU, call 0871 521 1305 with your credit card details or order online at www.expressbookshop.com @2006 Acon Editorial

Alphapuzzle" tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used.

Use the given letter or letters – below the main grid – to

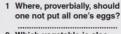
DIFFICULTY: 8/10; TARGET: 25 minutes; CLUE: Cold is since

YESTERDAY'S SOLUTION: Across: Rice, Esoteric, Parvenu, Enact, Bilge, Attain, Inform (clue), Demean, Proton, Caste, Hyena, Explain, Wayfarer, Jell. Down: Republic, Thaw, Carol, Forgery, Veneer, Tiara, Squeak, Sneeze, Treat, Escape, Realise, Shave, Cats, Infernal.

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six extra letters, deduct two minutes for each clue letter heard)

• Alternatively, text DSALPHA to 86100 and we will text the six extra letter clues direct to your mobile. • Texts cost £1 plus normal network operator rate.

FULL SOLUTION: 0906 751 3121



- Which vegetable is also known as the eggplant?
- Albumen comes from the Latin for "white", and "volk" from the Old English word for - what?
- 4 Which kind of egg, from its shape, is a term for a zero score?
- Complete the title of the Peter Nichols play: A Day in the Death of ___ Egg
- 6 Complete the Beatles song line: "I am the eggman, they are the eggmen, I am
- 7 Who cannot proverbially be taught to suck eggs?
- Which 50s advertising slogan for eggs is attributed to novelist Fay Weldon?
- Who resigned in 1988 following a controversial statement about salmonella in eggs?

10 In the famous Punch cartoon of 1895, who claimed of his egg that 'Parts of it are excellent!

11 Who wrote the early-reader children's book Green Eggs and Ham?

- 12 What proverbially can you not make without breaking eggs?
- 13 "Egghead weds hourglass" was a 1956 headline in Variety; Marilyn Monroe was the "hourglass", who was the "egghead"?
- 14 "Wall St lays an egg" was

- the headline in Variety on 30 October 1929, referring to what event?
- 15 If a performer "lays an egg" on stage, what has happened?
- 16 Where on a military officer's uniform would you find "scrambled egg"?
- Complete these lines from a 19th-century nursery rhyme: "Higgledy, piggledy, my black hen, She lays eggs..."
- 18 The 1947 rustic comedy The Egg and I introduced a series of popular 1950s films featuring Ma and Pa - who?
- 19 "It looks like a poached egg - we can't make that" is a remark attributed to Lord Nuffield when he saw the prototype for what in 1945?
- 20 Traditionally, Easter eggrolling takes place each year on the lawn of which famous building?

SUDOKU

2 5 3 4 7 8 12 6 5 8 8 4 8 8 9 4 2 6 6 3

Fill the grid so that every colurow, and 3x3 square includes all the digits from 1 to 9. LEVEL: Gentle TARGET: 16 min

YESTERDAY'S SOLUTION

0	2	-	A	6	7	2	Q	4
3	9	3	-	6	•	_	0	-
6	2	7	1	8	9	5	4	3
4	1	8	3	2	5	7	9	6
8	7	3	9	5	6	4	1	2
2	9	6	8	4	1	3	5	7
5	4	1	2	7	3	8	6	9
1	6	2	5	3	8	9	7	4
3	5	9	7	1	4	6	2	8
7	8	4	6	9	2	1	3	5

Extra clues: 0906 751 3123 Today's solution: 0906 751 3124 Calls 75p/min BT landlin

YESTERDAY'S **SOLUTIONS**

DOUBLE TAKE

1 arChiVes 2 hoRnplpe 3 1 arChiVes 2 hoRnplpe 3 boOkwOrm 4 esCall.op 5 scUllEry 6 caSseTte. Reading down the shaded columns are: CROCUS and VIOLET.

OPPOSITES ATTRACT

The two words are:IMPERTINENT and RESPECTFUL.

6 OF ONE

1 Ballot 2 Member 3 Budget 4 Policy 5 Labour 6 Leade

77/11

Call 0906 751 3125 for today's solution. Calls cost 75p per minute from a BT landline

- CRYPTIC CLUES
 ACROSS

 1 Uncompleted work not put on front of fire? (7)

 5 West needs hot weather for this crop (5)

 8 Offence of Bob at home (3)

 9 Black spinner from the West Indies (9)

 10 In pub, drunken call when there's nothing in (5)

 11 In drink, I'd to be tasteless (7)

- (7)
 13 Pretty rough, in the main, after cuts? (6)
 14 Resist work given to model

- (6)
 17 Pin-up winners are saddled with? (7)
 19 They are checked for inflationary pressures (5)
 21 See slim one up for training without thinking first (2,7)
 23 Low moon isn't quite full
- 23 Low moon isn't quite full
- (3) 24 Class, fourth grade, did secretarial work (5)

- 25 As news it's bad for spectator (7) DOWN

- spectator (7)
 DOWN

 1 Brush for one at Fawity
 Towers? (5)
 2 Aware you've not been
 knocked out? (9)
 3 Allow fielder to give something away (3,4)
 4 Flavouring that keeps
 people at a distance! (6)
 5 Players in them are ready
 to go on (5)
 6 Bird makes half of them
 turn (3)
 7 Head of this has walk like
 a duck? Rubbish! (7)
 12 Course for putting on a
 little weight (9)
 13 Cover where vehicles are
 brought in and out of the
 country? (7)

 YESTERDAY'S SOLUTION: ACROS

15 I'm swallowed by obvious person in hospital (7) 16 Rotten elm's near the ground, well-matured (6) 18 Lukewarm return of favourite I had to follow (5) 20 More than one programme makes revelations (5) 22 I'm beginning to pulverise mischievous kid! (3) QUICK CLUES ACROSS 1 Accumulation of uncompleted work (7) 5 Cereal grass (5) 8 Moral offence (3) 9 Large spider (9) 10 Nearest pub (5) 11 Bland, boring (7) 13 Rough like the sea (6) 14 To fight against (6)

YESTERDAY'S SOLUTION: ACROSS – 1 Blow one's top, 7 Rub, 9 Ballerina, 10 MENSA, 11 Earth, 14 Neat, 15 Rock, 16 Chianti, 17 Hush, 19 Peso, 20 Space, 23 Until, 26 Implement, 27 Ear, 28 Nitty-gritty, DOWN – 1 Bob Monkhouse, 2 Only, 3 Opera, 4 Evict, 5 Team, 6 Pronto, 8 Black country, 11 Etch, 12 Rulins, 13 Henna, 15 Ripe, 18 Saturn, 21 Puppy, 22 Cheer, 24 Lift, 25 Deft.

CHAT PUZZLES ON

SALE NOW

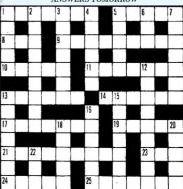
- 17 Prize at gymkhana (7) 19 Retreads or radials (5)
- without 21 Spontaneously,

- 21 Spontaneously, without thinking (2,7)
 23 Cow's low (3)
 24 Used office machine (5)
 25 Person who gives evidence in court (7)
 DOWN
 1 A herb (5)
 2 Alert and awake (9)
 3 Unintentionally disclose secret (3,4)
 4 Bulb used in cooking (6)
 5 Forelimbs of bird (5)
 6 Australian bird (3)
 7 Nonsense (7)

- 6 Australian bird (3)
 7 Nonsense (7)
 12 Something presented on television (9)
 13 Shelter for a vehicle (7)
 15 Doctor's client (7)
 16 Kind-hearted from old age

- (6) 18 Lukewarm (5)
- 20 Exhibits (5) 22 Mischievous sprite (3)

Two sets of clues but the answers are the same ANSWERS TOMORROW



e Daily Star Crossword Books Vols 4, 5, 6, 7, 9 and 10, The Puzzler Books of Crosswords Vols 1-4 and The Puzzler Books of Puzzles Vols 2, 3 and 4 are postal order made payable to The Daily Star Bookshop, PO Box 200, Falmouth, TR11 4WJ or telephone 0871 521 1305 with your credit card details. P

TEXT DSTAR



Text DSTAR followed by a space, then your name and comment, and send to 82100. Texts cost 25p plus your

Four grand for going cold turkey? I get it every boxing day so who should I sue? Roland

Prisoners have no rights once convicted let alone to claim compensation 4 bein helped. bin human rights bill n anythin that costs us! peachmonster

If giving skag lags taxpayers money, then thats a breach of taxpayers human rights. Enough is enough. persecuted

So now Mr. Blair expects Iran and Syria to stop supporting terror-

mough, persecuted

So now Mr. Blair expects Iran and Syria to stop supporting terrorists? FAT CHANCE! Rob Stephens.

if the rest of Europe can buy and move freely without any bortrols then y do we av a pay uk tax extra. r we european or not? Rliggs

i would like to know how much a pint of beer is in the house of commons. granite grant oxford

Channel 5, Please get rid of that nob head Tim Lovejoy from Sti gear! He really biles my pish. Jig Bunkry

ellie ur coment bout weed is totally unfounded! wmoked it 4 yrs aint within wone wae me! wee baldy

bout weed is totally unfoundedly smoked it 4 yrs aint nuthin wrong wae me! wee baldy agree with peter tosh a man dont go out and smoke a joint then beat his wife when he come home. ounce 2 james, spot on mate just jane a man hating feminist! joe sheffield

sheffield

a man nating feminist: Joe
sheffield
iv just watchd coronation st & liz
Mc donald has got a fantastic pair
on her nice 1 bev x. PAUL B salford
2 ian. Ring your local social
services. They supply vibratin
alarm clocks free of charge plus lots of
other stuff 4 hard of hearin. Cath
lan, vibrating under pillow alarm
clock 9.99 Ableworld shops or
www.ableworld.co.uk CJ
BECKHAM as 007 what a laugh,
with a voice like his, your joking,
more like MINNI MOUSE. film buff
david beckham as the next james

david beckham as the next james bond? sick joke right? michelle how can i tell my bfriend ov 4yrs,who i live wi, i just dont love

hm anymore? I dont wana break hs hear! help! PINKY

Its a long way 2 tipperary. Wot times the bus. BINZ.

How come we've never set eyes on Angelina and Brads baby Shiloh!!

Carlisle. CURIOUS.

Angelma and Brads baby Snilon!!

Carlisle. CURIOUS

does anyone else think the royal mail is a shambles? Parcels always late or lost and when they do arrive they are tampered with! AME, WALES

A boat is like a truck and a ship is like a lorry. The toon

To snookie. I would sell my girl-friends cat for a packet of fags. I hate the ruddy things. BIFF

never mind 100mill is would sell ur cat for 40, where can i pick it up? SI.EDGEHAMMER

wen 2 c the drop

wen 2 c the drop
kick murphys last
nite. they were very gud
but the words plastic
paddies springs to
mind. FENNY DA
LOFTER

Company

LOFTER

Comparing All

Aloud is like comparing to the comparing All

Aloud is like comparing All

Eston Road to The Beatles. GA simply blew them off the stage

at the Radio I gig in Brighton. Jay reply 2 mo so u think all saints have talent. keep taking the medication. bring back THE SPECIALS. CHELSEA STEVE

best rave ever tribal gathering 93. worst ever rave vision 92. cheezy quaya.

quava

best outdoor concert ever stone
roses spike island cheshire better
than oasis crap. Ian Brown u r a god.
NEIL ABERDEEN

Main oasis crap, Ian Brown it r a goot.

NEIL ABERDEEN

Wots the name of the old skool
tune on the strongbow advert
wher the limo gets hit with the arrows?

& who's it by? Wez

da McDonald brothers best on X
Factor us scots av 2 stick 2 gether
scotland 4eva. VOSSY WIGAN

if you get a bag of frazzles and put
them on a ham sandwich, its the
same as a bacon sandwich, but better!

TONY FENLON, WIDNES

y do all people from widnes send

y do all people from widnes send in silly txts? AVO widnes





● WE pay £5 for jokes printed (not texts). Write to: You're Havin' A Laugh, Daily Star, 10 Lower Thames Street, London EC3R 6EN

NOT all blondes are daft. Three female contractors - a blonde, a brunette and a redhead - are bidding to repair a wall at the Houses of Parliament. An official takes them to inspect the damage. The brunette measures the wall, does some calculations and says: "Well, I reckon the job will cost you £2,000 - that's £900 for materials, £900 for labour and £200 profit for me."

The redhead also does some measuring and adding up, then says: "I can do this job for £1,000 - that's £450 for materials, £450 for my crew and £100 profit for me."

The blonde then leans over to the Parliament official and whispers: "£5,000."

The official tells her: "But you

the Parliament official and whispers: "£5,000." The official tells her: "But you did no measuring or adding up. How did you instantly come up with such a high figure?" The blonde says: "Easy -£2,000 for you, £2,000 for me and we hire the redhead to do the work."

DEREK RUSSELL, Perth.

Text DSJOKE (space) name and joke to 82100.

n and laugh as your mate is wo 0905 235 8158 Calls cost £1 per n

/Δ (2

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£10 LETTER

THE Government has hinted that it plans to raise the school leaving

age to 18.
So would this mean married couples of 16 and 17 still having

couples of 16 and 17 still having to go to school?

Perhaps they'll have to raise the age of consent, too.

Mr A. J. HART, Preston.

MUSLIM lawyers seem to be playing martyrs to the veil, I suspect for political rather than religious reasons.

I'd like to ask them one thing — what do they do when they have to go to a dentist?

ALAN WILLIAMS, Caerphilly.

ALAN WILLIAMS,
Caerphilly.

SO Paul Gascoigne doesn't
care if he ends up as a downand-out (Daily Star, November 10).
To be honest, nor do l.
T'm fed up with his silly drunken
anties. Gazza – grow up, get a proper job and join the real world.

REG O'DONOGHUE,
Walworth S. London

REG O'DONOGHUE,
Walworth, S. London.

A TV ad for cold sore cream
claimed: "Nothing works better." So I tried nothing – and the
sore got worse. Should I sue?

LEN ROBINSON, Cardiff.

APPEAL

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DSTAR to:

ME AND THE CHAP FROM TRAVIS AFTER A CONCERT IN AMSTERDAM. PHILIP, PORTAVOGIE

I'm a celeb get me outta here. Can we not sue for false advertising? There are no celebs just burnt out wannabes. MORLEY PENwann: RITH

RITH
LOVED FAITH BROWN
IN WHO DO U DO GOOD
LUCK FAITH IN THE JUNGLE. LOVE MARC
faith brown got the bigest
jugs i have ever seen. ray
where my mrs can get a 38
jj bra from? Wally

How can they be cryin already on i'm a celeb its only just started. Whats that all about. Leeboy from kent.

i dont think david is plastic i think hes gr3, but wud prefer him widout snake round his neck. al soton

9 PM I SAY TO THE WIFE I AM NOT A CELEBRITY GET ME OUT OF HERE. IT DIDN'T WORK I HAD TO READ MY BOOK. GLOV

How long are these reality

How long are mese realishing shows goin to persist? Its

time they thought ov summat else. Bored wid it. GIRTH-MEISTER morsten myleene was looking xtra sexy today love to get lost in jungle with her oh yeah.

lost in jungle with her oh yeah. joolsy what a great shame that desert orchid died. he was a very handsome and clever horse. steve the cabbie if i take a laxative followed straight by an imodium, which I would win? HEMMO DONCASTER

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£20,000	£186.73	£44,815	£209.12	£37,643	£259.05	£31,086	
£30,000	£280.09	£67,223	£313.69	£56,464	£388.57	£46,629	

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